

Sheffield Senior Crier

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January/February 2022 Newsletter

25 Cook Road Sheffield, MA 01257

413-229-7037

Hours: Monday—Friday 9am—4pm

HAPPY NEW YEAR 2022

***“Never underestimate the power you have to take your life in a new direction”
- Germany Kent***

Our Goal: to facilitate seniors' abilities to enjoy a high quality of life.

Our Mission Statement...to provide life-enriching activities and relevant information on issues that affect seniors and to assist them in obtaining services necessary to their well-being.

(Published in part with funding from the Executive Office of Elder Affairs)

Kathie Loring, Executive Director: kloring@sheffieldma.gov

Elaine Ireland, Assistant to the Director: eireland@sheffieldma.gov

All things Food...



Senior Community Meal

Provided by
Elder Services

Wednesdays and Fridays
@ 12 noon



Give your kitchen a rest and enjoy a meal and home made dessert with friends and new faces...served by our wonderful volunteers.

Suggested donation: \$2 for those over 60 yrs and a fee of \$7 for those under 60. Veterans eat free on 1st and 3rd Wednesdays .

Call to register by 11am the day before @ 229-7037



Our Volunteers deliver meals every week day sponsored and prepared by Elder Services of the Berkshires. If you would like this service please call Elder Services at 413-499-0524.

Brown Bag Food Program

The Food Bank of Western Massachusetts supplies food for Seniors who qualify on the second Wednesday of each month. .



LEO

Our wildly popular antidote for boredom...

Join in and dine out...

Tuesday, January 18th, 5 pm at Bogies and
Thursday, February 10th, 5 pm at Four Brothers.



Pizza and a Movie

Bring your appetite ...
for food and fun.

January 20th The movie is Maid in Manhattan...

February 14th the movie is Love Actually

The pizza is made right here in Berkshire County.

\$5 @ 12 NOON

Men's Breakfast

Come enjoy a delicious hot cooked
breakfast...a guilty pleasure
carte blanche

January 31 and February 28
9 am.

Donations accepted.



PLEASE RSVP FOR ALL ABOVE EVENTS AT
413-229-7037

OR STOP BY TO SIGN UP



Declutter Workshop



Declutter Workshop with Elaine Ireland

Practical and inspirational tips and tricks to help organize and shed some of those excess pounds your closets may have gained over the year. Uncover some new ideas for the new space you discover in the process. And if you're just not feeling ready... come along anyway and just get some new ideas **January 10th @ 10:30**

Refreshments will be served. Free

Greeting Card Workshop



Back by popular demand...Card making with Michele Wolfe is a huge success. Come join in the creative journey and construct your own unique and beautiful greeting cards. 10 cards for \$5

Thursday, January 13th and 27th, 1-3 pm

Thursday, February 10th and 24th 1-3 pm

For 10 cards

Jewelry Workshop



Make a beautiful Cabachon Pendant Necklace

with Beth Anstett

Monday, January 24th 1-3 pm

Monday, February 28th 1-3 pm

\$5 ea necklace, earrings, or keychain

Please Sign up, space is limited



Executive Office of Public Safety and Security has released a Public Safety Alert. Massachusetts Residents are Encouraged to Plan Ahead for the Shutdown of 3G Cellular Networks.

The federal government and cellular providers have announced that older phones and devices will lose call and data functions, including the ability to contact 911.

AT&T will retire 3G service in February 2022

T-Mobile will finalize 3G shutdown on March 31, 2022

Verizon will sunset 3G by the end of 2022

For more information about the 3G phase out, visit FCC website.

Seniors with Technology issues...



If you need assistance with technology you can email Chris Thompson, Technology Director at Southern Berkshire Regional School District satl@sbrsd.org



For a full list of locations to receive a booster visit vaxfinder.mass.gov

To book at a particular pharmacy site, select a date 7-10 days ahead.

For individuals who are unable to use Vazfinder, or have difficulty accessing the internet, the COVID-19 Vaccine Resource Line can help schedule appointments by calling 2-1-1 and following the prompts for assistance (Monday through Friday from 8:30am to 6:00 pm, Saturday and Sunday 9am-2pm)



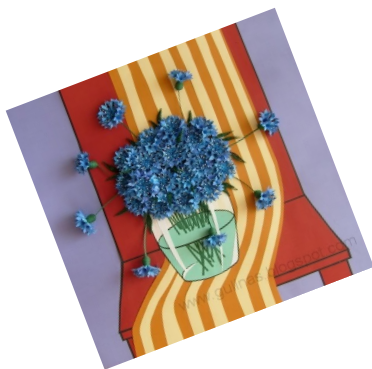
Energy Assistance Program through the Berkshire Community Action Council (BCAC)

Home Energy Assistance is available for Low Income households.

To see if you are eligible contact BCAC 1531 East Street Pittsfield, MA 01201

413-445-4503 or Online at www.bcacinc.org

Art and Crafts



Crafts with Nan
Wednesdays and Fri-
days 11-2

Art Class with Ellen
Tuesdays 11-2



Life's Little Necessities

Hair Appointments



Jennie Gebo offers Haircuts for \$20 on the 1st and 3rd Fridays 10:30-12 Call ahead for your appointment...with Style

413-229-7037

Foot nurse



Jane Kelly is at the Senior Center to take care of all Your Toes...On the 2nd Friday of each month. The cost is \$40 per person.. Call for your appointment today..*All the cool kids are doing it..*

.413-229-7037

Medical Equipment



We have a revolving inventory of medical equipment such as walkers, commodes, shower chairs, and canes. Call for availability.

413-229-7037

Fit and Fun

Fitness Classes \$4 or \$25/month.

Breath & Movement w/ Suzanne

Monday @ 1

Increase your overall health and wellbeing through breath and movement.

Aerobics and Strength Training w/Sandy

Tues and Thurs @9

Not a dull moment here...as you sculpt, sweat, and smile.

..who doesn't need a party in the middle of the week!!

Chair Yoga with Crystal

Thursday @ 1

Stretch and Restore



GAMES GAMES GAMES

Bingo: Wednesdays @ 1

Mah Jongg: Tuesdays @ 10:30

Bridge: Thursdays @ 10:30

Pitch: Fridays @ 1

WII Bowling: Fridays @10:15



Transportation Services

Rides are \$4/round trip.



Our van runs Monday—Friday 9am - 4 pm. Please call us at 229-7037 at least 48 hours in advance to schedule a ride.